

Amendments to the Specification:

Please replace the paragraph beginning at page 2, line 28 with the following amended paragraph:

A number of PUFA-containing compositions are currently marketed. EFANATAL™ are capsules available from Efamol Ltd., two capsules to be taken per day to give a daily intake of DHA (125mg), ARA (8.6mg) and GLA (40mg). The capsules contain an oil that is primarily based on fish oil. The Applicant has found that this decreases *in vivo* ARA levels, because the DHA content relative to the ARA content in the capsules is too high. Thus this product is in fact an ARA lowering, rather than ARA increasing, composition despite the fact that it contains ARA. A comparison between this product and those of the invention is provided later.

Please replace the paragraph beginning at page 3, line 3 with the following amended paragraph:

EFAMARINE™ is also capsules available from Efamol Ltd., containing primarily fish and evening primrose oils, of which two are to be taken per day to give a daily intake of EPA (34mg), DHA (22mg) and GLA (68mg).

Please replace the paragraph beginning at page 3, line 6 with the following amended paragraph:

EFALEX™ is an oil blend available from Efamol Ltd., where a teaspoon (5ml) is intended to be taken twice a day, each teaspoon giving DHA (100mg), GLA (21mg), ARA (8mg) and thyme oil (6mg).